



Because financial issues can be so overwhelming, it is important to engage in some form of self-care while you are experiencing crisis. Self-care can be very inexpensive to free, and can be extremely effective in helping one think clearer and be calmer.

Following are some tips for free and low cost self-care tips that can be used in times of financial stress.

1. **Start a compliments file** – Document the great things people say about you, and carry it with you to read when you are feeling especially stressed out.
2. **Unplug for an hour** – Switch all of your electronics off or switch them to airplane mode.
3. **Exercise for 15 minutes** – Whether it's taking a walk or jog, exercise helps clear your thoughts.
4. **Mini-Meditation** – With one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
5. **Get out of your comfort zone** – Whether it's talking to a stranger at a bus stop or using an alternate route to get home, changing things up can help you be more mindful of the present.
6. **Edit your social media feeds, and take out any negative people** – You can just “mute” them; you don't have to delete them.